

DEPARTMENT OF SOCIAL SERVICES

744 P Street, Sacramento, California 95814



ADULT & SENIOR CARE UPDATE

DECEMBER 2006

COMMUNITY CARE LICENSING DIVISION ADULT & SENIOR CARE UPDATE

Happy Holidays! This is our fourth and final Adult and Senior Care Update for 2006. It also marks the end of our thirteenth year keeping the residential care community informed about licensing programs and services. The Updates continue to be an important method for sharing information. We appreciate your support in sharing these Updates with members in your organization and others interested in adult and senior care issues.

REGULATION PACKAGES

The following regulation package for adult care facilities is currently in the process of being completed. If you have any questions regarding the proposed regulations, please contact the Community Care Licensing Division (CCLD), Policy Development Bureau, at (916) 324-4312. For copies of proposed regulations, please contact the Office of Regulations Development at (916) 657-2586 or visit the ORD website at www.dss.cahwnet.gov/ord/default.htm. Please note that depending on the version of software that you are currently using, it might be necessary to press your control key to activate the hyperlinks found throughout this Update.

Category Consolidation for Adult Day Programs:

To comply with Senate Bill 1982 (Perata), Chapter 773, Statutes of 2002, the regulations that govern the Adult Day Care and Adult Day Support Center programs have been consolidated into a single category called Adult Day Programs. These regulations were approved by the Office of Administrative Law on December 14, 2006 and filed with the Secretary of State. The date on which these regulations will become effective is January 14, 2007.

CHAPTERED LEGISLATION FOR 2006

Several bills that affect adult and senior care facilities were passed by the Legislature and approved by the Governor in 2006. A summary and implementation plan for each of these bills is available on the CCLD website. Unless otherwise noted in the summary and implementation plan, these bills become effective on January 1, 2006. Licensees are encouraged to review these plans to ensure compliance with the provisions of these bills.

The implementation plans for Residential Care Facilities for the Elderly are available at <http://www.cclld.ca.gov/res/pdf/06apx20.pdf>

The implementation plans for Adult Community Care Facilities and Residential Care Facilities for the Chronically Ill are available at <http://www.cclld.ca.gov/res/pdf/06apx18.pdf>

NEW SUPPLEMENTAL SECURITY INCOME RATES EFFECTIVE JANUARY 1, 2007

The new Supplemental Security Income (SSI) rate for Non-Medical Out-of-Home Care (NMOHC) will become effective January 1, 2007. The new rate reflects a 3.30% federal cost of living increase to the SSI portion of the benefit. There is no cost of living increase to the State Supplementary Payment portion of the benefit. Attached are two [charts](#) which display the new non-medical out-of-home care [rates](#) effective January 1, 2007. There is no increase to the NMOHC SSI rate effective April 1, 2007. If you have questions regarding the new rates, please contact Dawn Devore of the Adult Programs Operations Bureau at (916) 229-4588.

SENIOR CARE PROGRAM STAFF CHANGES

The Senior Care Program is pleased to announce the appointment of **Lon Peterson** to the position of Senior Care Program Office Manager. Lon started his new position on September 11, 2006. Lon started with Community Care Licensing in 1994 as a Licensing Program Analyst monitoring facilities in the Sacramento office. His other Licensing assignments include County Liaison, Trainer with our Central Training Section, Technical Support Analyst, and then Manager in the Technical Support Program. Lon returns to Licensing from his manager position in the Licensing and Certification Division with the Department of Alcohol and Drug Programs.

The Central California Senior Care Licensing office is pleased to announce the appointment of **Minnie Lau** as Licensing Program Manager in the Central California Senior Care Licensing Office in San Bruno. This is the second time she has been selected to fill a supervisory position. She was first appointed as a Licensing Program Supervisor in 1997 in the Peninsula Child Day Care office. Minnie left state service in 2000 and returned to CCLD in April 2005 as a Licensing Program Analyst. She was promoted one year later into her current position in April 2006. Minnie's extensive experience with CCLD and her previous tenure as a supervisor will be a valuable asset to the Central California Senior Care Regional Office. Congratulations, Minnie!

The Southern California Senior Care Licensing office announced the retirement of **Yvette Richards**. After twenty-three years of state service, Yvette ended an extensive and illustrious civil service career on October 24, 2006. Her career included three years with the Disability Determination Service Division, in addition to her tenure as a Licensing Program Manager in our San Diego office. We thank Yvette for her years of service. Congratulations!

The Policy Development Bureau is pleased to announce the return of **Tricia Nishio** to CCLD as the Staff Services Manager of the Senior Care Policy Unit. Tricia previously worked in CCLD as a Licensing Program Analyst in the Sacramento Regional Residential office and as a trainer in the Central Training section. Tricia has also worked as a Long-Term Care Ombudsman and with the Department of Aging. She returns to CCLD from the Department of Health Services in the Office of Long Term Care. Welcome back, Trish!

CALIFORNIA DEPARTMENT OF HEALTH SERVICES ISSUES 2006-07 INFLUENZA AND VIRAL GASTROENTERITIS (“STOMACH FLU”) RECOMMENDATIONS

DHS Influenza Recommendations

The California Department of Health Services (CDHS) has issued its 2006-07 Recommendations for the Prevention, Detection and Control of Outbreaks of Influenza in California Long-Term Care Facilities. CDHS updates these recommendations annually. While some of the recommendations are geared more toward nursing homes, overall the recommendations are straightforward and provide invaluable information for licensees of residential community care facilities. We encourage licensees to review these recommendations carefully. In addition, a shortened version of the recommendations has been adapted as an aid for licensees and staff of residential community care facilities.

Influenza, of course, is commonly known as “the flu.” Vaccination is the best way to reduce illness and deaths from the flu. The best time to get vaccinated is from October through November. Flu activity generally peaks between late December and early March. However, you can still benefit from getting vaccinated after November. Flu vaccines should continue to be offered to unvaccinated people throughout the flu season as long as vaccines are still available. *All clients/residents and staff in licensed residential community care facilities should be vaccinated against the flu each autumn.* A shortage of the flu vaccine is not expected this year.

Looking for a place that offers flu shots? Contact your physician or call your local health department. The toll-free CDHS Flu Vaccine Information Line is 866-470-3788. Flu clinics are also posted on the following website sponsored by the American Lung Association: <http://www.flucliniclocator.org/>

About 2,000 Californians die each year from the flu. While most people who are young and healthy recover completely from the flu within one or two weeks, older people and those with certain chronic illnesses are far more likely to develop serious medical problems or die as a result of contracting the flu. Moreover, the flu virus can spread rapidly in environments such as residential community care facilities where residents live close to each other.

CDHS emphasizes common-sense approaches to preventing and controlling the spread of the flu in licensed facilities. If you are unable to get your flu shot this year, it is important to take some simple steps to help prevent the spread of the flu. (Remember, you can still spread germs up to seven days after getting sick.) For example, facility staff and clients/residents are encouraged to practice frequent hand washing and to engage in “cough etiquette” (that is, covering the nose or mouth with a tissue or mask when coughing or sneezing). Licensees who suspect an outbreak of the flu in their facility should contact the local health department immediately.

The CDHS influenza recommendations can be accessed on the DHS web site at <http://www.dhs.ca.gov/ps/dcdc/dcdcindex.htm> under “Control of Influenza in Long-Term Health Care Facilities, 2006-07,” and is available on the CCLD web site at www.cclcd.ca.gov. The shortened version of the recommendations adapted for licensed residential community care facilities is also available on the CCLD web site at www.cclcd.ca.gov.

DHS Viral Gastroenteritis (“Stomach Flu”) Recommendations

CDHS has also issued its Recommendations for the Prevention and Control of Viral Gastroenteritis Outbreaks in California Long-Term Care Facilities, 2006. This document was last updated in 2003. When viral gastroenteritis occurs in the winter, it is often referred to as “intestinal influenza” or the “stomach flu,” although it has no relationship to respiratory infections caused by the influenza virus. As with the CDHS influenza recommendations, a shortened version of these recommendations has been adapted as an aid for licensees and staff of residential community care facilities.

Viral gastroenteritis, or the stomach flu, is an inflammation of the stomach and intestines. The main symptoms are sudden onset of vomiting and diarrhea. The viruses (noroviruses) that cause the stomach flu are almost always transmitted from person to person (including clients/residents, facility staff, visitors and volunteers). Touching contaminated surfaces, such as countertops, also plays a key role in transmission. Licensees are encouraged to practice frequent hand washing with soap and water, and to clean and disinfect facility surfaces using the disinfectant solutions identified in the recommendations. (Standard disinfectants containing alcohol or ammonium aren’t always effective against norovirus.)

While the stomach flu is usually mild in otherwise healthy adults, the illness can be severe in the elderly, particularly in those with underlying medical problems. Licensees who suspect an outbreak of the stomach flu in their facility should contact the local health department immediately. An outbreak should be suspected when two or more

clients/residents and/or staff develop a new onset of vomiting and diarrhea within one to two days.

The CDHS gastroenteritis recommendations can be accessed on the DHS web site at <http://www.dhs.ca.gov/ps/dcdc/dcdcindex.htm>, under "Control of Viral Gastroenteritis Outbreaks in Long-term Care Facilities, 2006," and is available on the CCLD web site at www.cclld.ca.gov. The shortened version of the recommendations adapted for licensed residential community care facilities is also available on the CCLD web site at www.cclld.ca.gov.

WINTER COLD TEMPERATURE EXPOSURE AND INJURIES

Winter with its colder temperatures is upon us. Licensees must maintain a comfortable temperature for residents. Rooms occupied by residents must be heated to a minimum of 68° Fahrenheit. Please remind residents to dress warmly with extra layers of clothing.

When outdoors, be prepared for cold, wet, or windy conditions that might suddenly arise. Seek shelter that will protect you from wind and rain if you get wet or cold. Eat plenty of high-calorie foods to help maintain your body heat. Also carry high-calorie foods, such as candy bars and trail mix, when going out in cold weather.

Drink plenty of water. Do not smoke or consume alcoholic and caffeinated beverages in the cold. Nicotine (from tobacco) and caffeine cause narrowing of the blood vessels in the hands and feet. Alcohol interferes with the body's ability to regulate body temperature. Caffeinated beverages cause narrowing of the blood vessels in the hands and feet. When blood vessels are narrowed, less blood flows to these areas, causing the hands and feet to feel cold.

FIRE SAFETY REMINDERS

All too often, we read about a fire and the devastation to life and property it can cause in just a matter of minutes. With this in mind, the following items should be reviewed as part of your facility safety check:

1. Make sure that all smoke detectors are operating. Batteries should be replaced every six months.
2. Fire extinguishers should be checked for expiration or annual maintenance due dates. Staff should know where extinguishers are located and how to use them.
3. Maintain a list of residents that may need special assistance during a fire. Be sure that staff is aware of the residents that may need assistance and trained in your evacuation procedures.

If you have residents who are using a portable or space heater, you must ensure it is operated in a safe manner. It is important to exercise caution when operating any type of portable or space heater. A portable heater must be UL listed or approved. When purchasing a portable heater, select one that has a type of coating that will not get hot to the touch. Here are some guidelines for the safe use of heaters:

- Keep portable heaters at least three feet away from curtains, bed linens, and combustible materials.
- Do not use portable heaters with extension cords (including power strip cords).
- Portable heaters must not be used to dry articles of clothing or other items.
- Place heaters on the floor only and not on top of tables or other furniture.
- Be sure portable heaters are securely positioned so they won't topple over. Some newer models have an automatic shut-off when toppling occurs.
- Monitor the residents' ability to safely operate the heater, such as turning it on and off and not placing flammables on top of or near the device.
- The licensee must ensure that the heater does not become so hot it will burn or injure the resident.

For further fire safety information, please contact your local fire department or the Office of the State Fire Marshal at (916) 445-8200. Remember, all facilities must be maintained in conformity with the regulations adopted by the State Fire Marshal for the protection of life and property against fire.

SUMMARY

If you have questions about items included in this Update or suggestions for future topics, please contact Barbara Rooney, Chief of the Technical Assistance and Policy Branch at (916) 657-2346. Also, please visit our website at www.cclld.ca.gov to obtain copies of Updates, [office locations](#), provider letters, regulations, or to learn more about licensing services.

Sincerely,

ORIGINAL SIGNED BY

JO FREDERICK
Deputy Director
Community Care Licensing Division

Enclosures